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SERVICE

USDA'S REPORT TO CONSUMERS

UNITED STATES DEPARTMENT OF AGRICULTURE · OFFICE OF INFORMATION · WASHINGTON, D.C. 20250

U. S. DEPT. OF AGRICULTURE
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April 1966

MAY 2 1966

No. 28

BOOKS AND BOOKLETS

CURRENT SERIAL RECORDS

Consumers All. Like other best sellers, it's now in paperback--"Consumers All," the 1965 Yearbook of Agriculture. You can buy it under the title "Consumers All: The Official Consumer's Guide" at most drug stores, book shops and grocery stores. It sells for \$1.50. Or, if you prefer a hardback book, you can get that, too. The Government Printing Office has gone into a second printing. These books sell for \$2.75. Send your check to the Superintendent of Documents, GPO, Washington, D. C., 20402.

Home Canning of Meat and Poultry. If you live on a farm, you probably do some canning of both red meat and poultry. A new booklet, prepared by home economists at the U. S. Department of Agriculture, will tell you how to do the job properly. Both general and detailed instructions are given with pictures to illustrate. For a free copy of this just-off-the-press booklet, write to the Office of Information, U. S. Department of Agriculture, Washington, D. C., 20250. Ask for "Home Canning of Meat and Poultry," HG-106.

Key Nutrients. For the young homemaker--who may have little knowledge of good nutrition--"Key Nutrients," a bulletin of the U. S. Department of Agriculture, offers a lot of good advice. It travels down the line of nutrients--protein, calcium, iron, thiamine, riboflavin, etc.--telling why each is needed by the body and what foods contain each. The chart is part of a series--still to come off the press--on the subject of "Food for Young Families." Order from the Superintendent of Documents, Government Printing Office, Washington, D. C., 20402. The price: 5 cents.

Poultry in Family Meals. It doesn't matter whether you're a newlywed or an established cook. You'll want to get "Poultry in Family Meals," the latest in the U. S. Department of Agriculture's family meal series. This 30-page booklet contains up-to-date information on how to buy, store and cook poultry. Along with each recipe is a suggested menu and calorie count. For a free copy of "Poultry in Family Meals," HG-110, send a postcard to the Office of Information, U. S. Department of Agriculture, Washington, D. C., 20250.



FOOD NEWS

For Weight Watchers. You can now have your peanuts--and eat them, too. Peanuts with 50 percent fewer calories and 40 percent more protein are being sold in 10-cent packages in eight Southeastern States. National distribution is being planned soon. A product of U. S. Department of Agriculture research, the new low-calorie peanuts are being produced commercially at the rate of 500 pounds an hour.

Quick-Cooking Dry Beans. Dry beans--the kind that used to take hours of soaking and cooking--can now be made ready to serve in half an hour. A new technique, developed by the U. S. Department of Agriculture, has turned old-fashioned dry beans into a modern, convenience food. Scientists say the process works well with lima beans, small white beans, pinto and kidney types. It is easy and economical. And the beans remain unchanged in flavor, texture and protein quality.

CA Apples. It's a long, long way from September. Yet there are still lots of good quality apples on the market. How come? Controlled atmosphere storage combines the proper humidity and temperature with the proper amounts of oxygen and carbon dioxide, and minimizes respiration and ripening. With CA storage, even the highly perishable McIntosh can be kept 7 to 8 months after harvest. According to the U. S. Department of Agriculture, over 12 million bushels of apples were stored in controlled atmosphere bins last year. That's why you'll be able to buy top-quality apples--harvested last September--as late as mid-July.

World Food Budget. The nutritional gap between the well-fed and the hungry of the world will continue to narrow in the next few years--if food production increases as expected. By 1970, calorie intake should be up 8 percent, the U. S. Department of Agriculture reports. But the world will still be short an equivalent of 54 million metric tons of grain, 6.5 million tons of animal protein, and 3 million tons of soybeans.

SHOPPING TIPS

What's Plentiful. One way to save money at the grocery store is to buy foods in larger-than-usual supply. They often sell at lower-than-usual prices. Each month the U. S. Department of Agriculture issues a list of these "plentiful foods." April's list includes raisins, honey, grape juice, peanuts and peanut products.

95 Percent Inspected. The U. S. Department of Agriculture developed frozen orange juice. Now it inspects it--for sanitation during processing and for quality. About 95 percent of the frozen orange juice comes under USDA's continuous inspection program. It's your assurance of a wholesome product.

ON THE FARM

Branded. The red hot branding iron--one of the few remaining symbols of the Old West--may soon be hung up alongside the six-shooter. A new painless method of branding livestock has been developed by the U. S. Department of Agriculture. Cold rather than heat is used to make the brand--either a super-chilled metal brand, dry ice or other chilling agent. In addition to being painless, freeze branding causes less hide damage and makes a more easy-to-spot marking. This method has also been successfully tested on other animals, fish and birds, USDA scientists say.

Farm Vacations. If you've got more time than money for a vacation, think about taking your family to a farm this summer. It's relatively inexpensive. You won't need a fancy wardrobe. There are things to do for the whole family--a zoo of animals for the kids, swimming, fishing, boating, and hiking.

ALL ABOUT CLOTHES

Taken to the Cleaners. You may think drycleaning disinfects your clothes. It doesn't, say U. S. Department of Agriculture microbiologists. Some bacteria are able to live through the drycleaning process. Few, however, can survive steam finishing and pressing. So if you use a coin-cleaners, be sure to add the finishing touch to your clothes.

Rusty Clothes. Rust spots on your clothes? The problem may be the way bluing is used. When textile researchers at the South Dakota State Agricultural Experiment Station recently answered a woman's call for help, they found nothing wrong with her water supply or equipment. The difficulty turned out to be small specks of non-liquid bluing which remained on the clothes after they had been removed from the washer. When heated--by ironing or in the dryer--the specks of bluing caused rust-like stains. There was nothing wrong with the product. The homemaker had simply failed to dissolve it properly either before or during washing.

FOR THE OLDSTERS

Senior Citizens Month. Nearly 10 percent of our population is aged 65 and over. Half of these are past 72; more than 13,000 have passed their 100th birthday. To honor these older people, President Lyndon B. Johnson has proclaimed May as Senior Citizens Month. The theme will be "A New Day for the Older American," focusing attention on the new opportunities and benefits for senior citizens made possible by recent legislation.

New Home for an Old Lady. Mrs. Ida Mae Deaton, an 80-year old widow of Casar, N. C., has moved--from a deteriorating shack to a modern two-bedroom farm home. It is the first time Mrs. Deaton has had an indoor bathroom. It is the first time she hasn't had to trudge to a well in her yard. It is the first time she has had central heating. How did it all come about? Through a little known program of the U. S. Department of Agriculture--its senior citizen housing program. Mrs. Deaton's loan is for \$6,900. She will repay it at the rate of \$32 a month. When she dies, her children may take over the 30 year loan or it may be assumed by some other elderly person. Last year, some 2,500 older people throughout the Nation received over \$10.5 million in USDA credit for the construction and improvement of homes in rural areas.

PEST ASIDES

Pest Prevention. The Port Authority at Jacksonville, Fla., literally washes away its troubles--with a new automobile washrack that removes dirt and plant pests from imported autos. Many foreign pests are brought to this country in dirt adhering to cars. The U. S. Department of Agriculture, aware of this danger, requires that all vehicles must have the dirt removed before they enter the country. The new car wash put into use at Jacksonville--where many foreign automobiles arrive each month from Europe--cuts inspection, cleaning and reinspection time in half.

Bug or Bomb? From inside the flight bag came a humming noise, and the bag vibrated slightly. "I think it's a bomb," the returning traveler whispered nervously to the U. S. Department of Agriculture quarantine officer in Dallas. The inspector--his mind on bugs, because it's his job to intercept harmful foreign pests--suspected a large, buzzing insect. It turned out to be neither. The lady had accidentally switched on her electric toothbrush.

VACATION TIP

80,000 Azaleas. Late April to mid-May is azalea time at the National Arboretum in Washington, D. C. At this time, more than 1,200 varieties (80,000 plants) are in bloom along the curving roads and valleys of the Arboretum grounds. Hills are banked with blooms of every color--red, white, fuschia, orange, yellow. So if you are planning a trip to Washington this spring, add the Arboretum to your list of places to see. It's open 8 to 7 on week-ends; 10 to 7 on weekdays. If you can, schedule your visit during the week. You'll avoid the crowds and enjoy it more.

YARD AND GARDEN

New Ornamental Shrub. Here's something new for your yard--a pyracantha that has the good qualities of several varieties and none of the bad. It's called the Shawnee and is a product of the National Arboretum. The Shawnee has glossy clear yellow-to-light-orange fruit as early as August and maintains this color until mid-winter. It is resistant to both scab and fire blight. And, though not an evergreen, its foliage is semi-persistent. The Shawnee thrives in the climate of Washington, D. C. and milder areas. Look for it at your nursery in 2 to 3 years.

Ground Rules. While you're getting your lawnmower ready for spring, be sure to adjust it properly for the type of grass in your yard. According to the U. S. Department of Agriculture, the best height for Kentucky bluegrass and red fescue is 1-3/4 to 2 inches. Creeping grasses, such as bentgrass and zoysia, may be clipped to 1/2 inch or less.

BEYOND OUR BORDERS

Cotton That Works Two Ways. Overseas, cotton feed bags are used to make clothing. But there's been a problem. The bags haven't been completely successful in keeping insects out of the foodstuffs they carry overseas--and this, after all, is their first job. The U. S. Department of Agriculture has now designed a tight cotton bag that defies insect infestation. The fabric is dampened to swell the fibers and tighten the weave. It is then treated with a wax-base repellent. Washing the fabric removes the repellent and brings the fibers back to their original shape. So, once the bags reach their destination, they can still be used for clothing. Currently, about 75,000 pounds of cornmeal and flour are being stored and tested in these treated cotton bags. If they prove insect-proof for 18 months under all conditions--and the scientists believe they will--the U. S. will have another big market for cotton and the underdeveloped countries another source of cotton fabric.

Kokua. That's what it takes--kokua, or cooperation--to prevent the accidental spread of certain Hawaiian insects to agricultural areas on the Mainland. So should you go on a Hawaiian holiday, don't send or take fruits and plants home with you--unless they are inspected by the U. S. Department of Agriculture. They may contain hitchhiking pests that could ruin crops in your home state.

SERVICE is a monthly newsletter of consumer interest. It is designed for those who report to the individual consumer rather than for mass distribution. For information about items in this issue, write: Jeanne S. Park, Editor, SERVICE, Office of Information, U. S. Department of Agriculture, Washington, D. C., 20250.